

What are some of the sources that would keep you motivated to achieve this habit?

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Identify some 'baby steps' that are easily achievable and would help you in reaching towards your ultimate goal?

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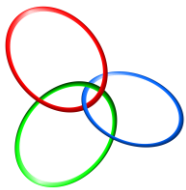


In order to achieve this habit, are there any complimentary habits that can help you?

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In order to make this habit, what are some of the things that you can bring in within your 20 seconds reach?

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